healthybodies healthyminds healthylives healthyhorns

4 My experience yesterday at UT (UHS) was probably the most positive experiences I've ever had in a doctor's office. The nurses were super helpful and I could tell really cared. I felt very confident that I was getting good medical care. I had initially planned to avoid going to the doctor unless I went home, but after this experience I will definitely be back. 77

4 I had never received help before and it was like someone threw me a life jacket and compass while I was trying to keep my head above water. It's helped gain some control I've never had before and I actually see a future without this problem.

4 6 Being a peer educator has been one of the greatest opportunities in my life and I have enjoyed the support of the LWC and being a part of their mission. **7 7**

University Health Services
Counseling and Mental Health Center
Longhorn Wellness Center



healthybodies

69,265

total visits to all UHS clinics

24,135

unique patients served by UHS





















Top Reasons Students Seek Care at UHS

- upper respiratory infections, flu
- Annual GYN exams
- Concussions
- Contraception
- Depression, anxiety, fatigue
- General and sports physicals
- Sprains, strains, back pain, extremity injuries

- Allergies, colds,
 Gastrointestinal problems
 - Gynecological problems
 - Rashes, other skin problems STI screening
 - and infections Immunizations, tuberculosis
 - screening, travel visits Urinary tract infections



Laboratory Tests 56.482



Ultrasounds and X-rays 3.642



Nurse Triage 11.159

where Longhorns become healthyhorns

Flu Shots **Administered**



said access to healthcare on campus minimized disruptions to academics

said the UHS provider treated them with respect

98% said they would recommend UHS to a friend

were satisfied with their overall UHS

were satisfied with the UHS provider

UHS Staff

- 15 Board-Certified Physicians
- 42 Nursing Staff
 - 6 Physician Assistants
 - 7 Nurse Practitioners
 - 5 Integrated Health Counselors
- 1 Registered Dietitian
- 8 Laboratory and Radiology Techs
- 2 Physical Therapists
- 2 Physical Therapist Assistants
- **59** Administrative and Support Staff
- 34 Student Employees

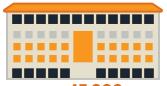
Student Physical Therapy Volunteers **Student Clinic Volunteers Student Health Advisory Committee Members**



70+ Campus

across campus to support students and the University's academic mission, including joint research with faculty and collaborations on health initiatives

Patient Satisfaction



UHS occupies **45,000**+ sq ft in the Student Services Building with 69 exam rooms & 6 procedure rooms







25,335

5.973

28,463

88%

Number

of students

served over the

last 9 years

REASONS STUDENTS

healthyminds

28,463

total sessions attended at CMHC

7,286 unique patients served by CMHC



Crisis Appointments



Crisis Line Calls 1,520



Brief Assessments 8.111 sessions



Group Counseling 84 groups

Diversity Counseling and Outreach Specialists (DCOS)

7 specialists and over 6.825 students, faculty, and staff reached

DCOS provide counseling, support, and outreach for student populations with marginalized and underrepresented identities.

would recommend CMHC psychiatry

> **Psychiatric Services** Client Satisfaction

students

would return to the counselor if they needed help again

100%

would recommend CMHC services to a friend

Individual Counseling Client Satisfaction

Individual Counseling **12.345** sessions



Psychiatric Services

2.635 sessions



of students served said CMHC helped them stay in school



13,985

104%

Number of attended sessions over the last 9 years

> Anxiety **76%** Stress **72%** Depression 63% Academic 35% Romantic Relationships 26% Family **22%** Body Image/Eating 16% Health Concerns 10% Addiction/Dependence 7%

NOTE: More than one presenting issue can be given.

Sessions Attended

Students Served

23.967

Counselors in Academic **Residence (CARE)**

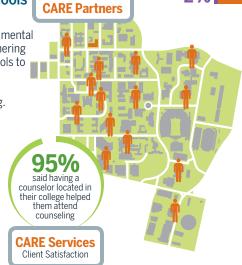
14 colleges & schools **4,854** visits

The CARE program embeds mental health professionals in partnering academic colleges and schools to provide counseling services, consultation, and education related to student well-being.

Professional Training Programs

2,324 students served 5.596 sessions attended

by Psychology and Social Work Interns, Social Work Fellows, Psychiatry Residents/Fellows, Psychology Practicum Students, and Psychiatric Nurse Practitioner Students



Gender/Sexual Orientation 69

Violence 2%

healthylives

27,725 total students reached

12 total full time staff

142
total student staff and volunteers

BASICS AlcoholEdu and Sexual Assault **Prevention for Undergraduates 102** students completed 85% incoming students completed **Healthyhorns and Mental Health Peer Educators Suicide Prevention and Mental Health Promotion Workshops** 2.312 students reached 4.191 students reached 2.710 service hours **Voices Against Healthy Student Violence Outreach Organization Program** 1.922 students reached 29 medals awarded Individual **Education and Online Learning Well-being in Learning BeVocal Bystander Environments Bystander** Intervention **Programs** and Events Intervention 60 faculty participated 37 total workshops Peer **Education** 5.000 students impacted **Mental Health** Organizational **Faculty Engagements** Change **Healthyhorns Text Ambassadors** 13.776 subscribers 30 students **Environmental** Community Resources Health Change **Healthy Sexuality** Messaging **Hydration Stations** Resources 13 newly installed 19,007 student contacts **Longhorn Wellness Center** addresses priority health issues by using multi-level, **Sunscreen Dispensers** evidence-based prevention strategies such as peer education, social marketing, social norms initiatives, environmental change **Sleep Kits** 7 newly installed with strategies, and strategic campus partnerships. 2,684 distributed 48,000 applications





Awarded at UT's Healthy Interprofessional Education Showcase:

- ★ Best in Community Engagement
- ★ Best in Interprofessional Education Team
- ★ Best in Visual